



Year 10 Summer Exams – Advice for Parents and Carers

How can I best support my son?

- Help him to get organised with a revision plan
- Have a copy of the exam timetable on hand so that you are aware of the exams he has
- Ensure he has the resources he needs, e.g. revision guides, paper, colours, index cards, etc. Revision guides and other resources are available on Parent Pay
- Make sure that he is revising!
- Help him to avoid distractions

Advice for Students	Advice for Parents*
Do not suffer in silence. If you feel stressed, talk to someone and do not let things build up. Talk to parents, friends or members of staff	Discuss nerves. Look out for signs of stress such as irritability, poor sleeping habits, appearing depressed and negative
Try to eat healthily	Make sure your son is eating well
Make sure you sleep	Encourage sleep
Ask parents for help with revision if this helps. Telling someone what you do not understand about a topic is often a great way to help you understand it	Assist them in their study if this helps, e.g. testing them, getting them to tell you why they do not understand something often helps to understand it
Get exercise	Encourage exercise
Be aware of not wasting time	Don't add to the pressure but keep things in perspective
Do not waste time thinking about what you have not done; be organized and try to move forward	Be flexible with family routines and realise that exams do not last forever

**Taken from NHS Choices – Coping with exam stress*

Useful websites

<http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>

http://www.youngminds.org.uk/for_parents/worried_about_your_child/schoolwork_exam_stress?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGcKGGvxb9QuXQ882KuM-yseJq7G120zknQ02TZOqmRoC3-Xw_wcB

https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGX_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QURBoCaUXw_wcB

Frequently Asked Questions

When are the Year 10 exams?

These will take place from mid June.

What preparation has my son had?

- All Year 10 students have attended two workshops on revision strategies and organisation
- Revision and study skills are being discussed at tutor time
- Subjects will also have taught specific revision skills for students to use and will be supporting students in preparing for their exams

When should my son start revising?

Now! Students always underestimate the amount of time it takes to properly prepare. Boys need to be planning and starting revision now.

How should my son revise?

- Students should keep revision 'active' and use a range of strategies.
- Students should not revise for too long at any one time.
- It is more effective to revise, re-visit a topic and then re-visit the topic again.
- Breaking topics up into small chunks and mixing them up has been shown to be effective.

Where can I or my son get more advice?

From school, including our website.

This website gives useful information about spacing out learning in order to make it more effective.

<https://www.retrievalpractice.org/library>

A good learning resource is Seneca Learning:

<https://www.senecalearning.com/>

There are more links on the website.